# Safe Medications During Pregnancy

## Allergies
- Claritin, Benadryl, Zyrtec

## Colds, cough, sore throat
- Tylenol, Tylenol Cold, Robitussin/Robitussin DM
- Mucinex, Chloraseptic, Cepacol Lozenges
  *Decongestants should not be used the first 12 weeks of pregnancy or if you have high blood pressure*  
  **Call:** If fever over 101.8, no improvement in 2-3 days, anytime patient is concerned by symptoms.

## Constipation
- Milk of Magnesia. Miralax (Constipation is best prevented during pregnancy by generous drinking of water (8 glasses/day), fresh fruit, regular exercise, and stool softeners.

## Stool Softeners
- Colace/Sodium Docusate, Metamucil, Citrucel, Fibercon, Benefiber

## Diarrhea
- Kaopectate, Immodium, BRAT diet (bananas, rice, applesauce, tea)  
  **Call:** If fever, weak/dizzy, no improvement in 2-3 days

## Headache
- Tylenol/Acetaminophen (regular or extra strength) Datril, Panadol  
  (Do not take Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, sodium)  
  **Call:** If dizziness or blurred vision

## Indigestion
- Mylanta, Maalox, Tums, Rolaid, Zantac, Pepcid, Prilosec* (liquid antacids generally work better than tablets)  
  *Avoid Prilosec in first trimester  
  **Call:** If severe abdominal pain

## Hemorrhoids
- Preparation H, Anusol. Avoid constipation, straining

## Nose bleeds or gum bleeding
- Common in pregnancy  
  **Call:** If persistent or patient is worried

## Nausea
- Emetrol, Vitamin B6 10-25 mg (three times daily)  
  **Call:** If unable to keep liquids down for more than 24 hours, weak and dizzy (dehydrated)

## Yeast Infections
- Monistat – 7 day  
  **Call:** If no improvement after 7 day regimen

## Dental
- Dentist appointment – X-Rays with abdominal shield, Novocain without epinephrine

## Injections
- Allergy shots, Tetanus, TB Test, Flu shots

**Always call for the following:** Labor pains, broken water, vaginal bleeding, baby moving less than usual or if you have concerns.